ORDERING REPLACEMENT PARTS

If you encounter any difficulties with this product, or if you need to order replacement parts, please call or write the ICON Health & Fitness, Ltd. office.

ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS118JG
UK

Tel: Country Code:

08457 089 009

Outside the UK: 0 (044) 113 387 7133
Fax: 0 (044) 113-387 7125

When calling or writing, please provide the following information:

- The MODEL NUMBER of the product (WLEMRW17910)
- The NAME of the product (WESLO® 550 adjustable resistance rowing machine)
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST and EXPLODED DRAWING attached at the centre of this manual).

Part No. 178030 R0801A

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WESLO®

550

ADJUSTABLE RESISTANCE ROWING MACHINE

Model No. WLEMRW17910

QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if there are missing or damaged parts, please call:

08457 089 009

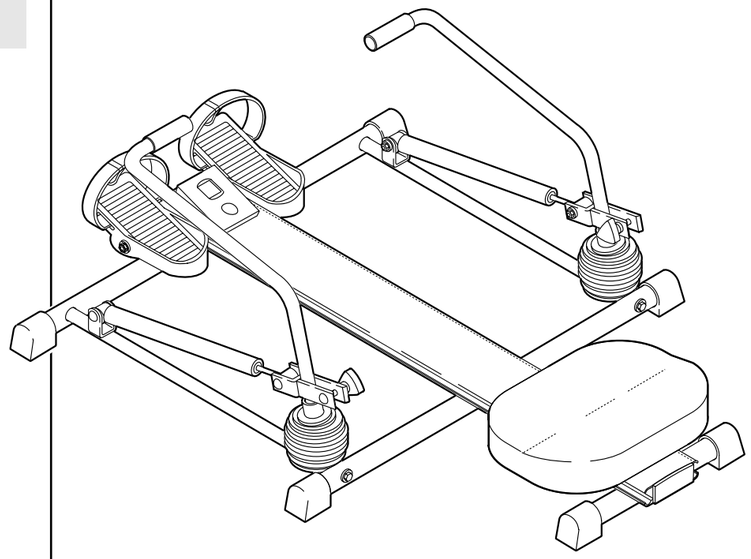
Or write:
ICON Health & Fitness, Ltd.
Unit 4
Revie Road Industrial Estate
Revie Road
Beeston
Leeds, LS11 8JG
UK

email:
csuk@iconeurope.com

⚠ CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

USER'S MANUAL



Visit our website at

www.weslo.com

BEFORE YOU BEGIN

Thank you for selecting the WESLO® 550 adjustable resistance rowing machine. Rowing is one of the most effective exercises known for toning the body, strengthening the muscles, and building the cardiovascular system. The WESLO 550 is designed to let you enjoy this effective exercise in the convenience and privacy of your home.

For your benefit, read this manual carefully before you use the WESLO 550. If you have additional questions, please call our Customer Service Department at **08457 089 009**.

To help us assist you, please note the product model number before calling. The model number is WLEMRW17910.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read the following important precautions before using the rowing machine.

1. **Read all instructions in this manual before using the rowing machine. Use the rowing machine only as described.**
2. **It is the responsibility of the owner to ensure that all users of the rowing machine are adequately informed of all warnings.**
3. **Use the rowing machine indoors, on a level surface, away from moisture and dust. Place a mat under the rowing machine to protect the floor or carpet.**
4. **Inspect and properly tighten all parts of the rowing machine regularly. Replace worn parts immediately.**
5. **Keep children under 12 and pets away from the rowing machine at all times.**
6. **Wear appropriate clothing when exercising. Always wear athletic shoes for foot protection.**
7. **Keep your hands away from moving parts.**
8. **If you experience dizziness or pain at any time while exercising, stop immediately and begin cooling down.**
9. **The rowing machine is intended for in-home use only. Do not use the rowing machine in a commercial, rental, or institutional setting.**

⚠WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

WESLO is a registered trademark of ICON Health & Fitness, Inc.

OPERATING THE ROWING MACHINE

HOW TO OPERATE THE MONITOR

To turn on the power, press the monitor button.

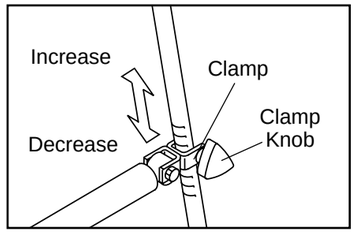
To switch modes, press the button until the desired mode is displayed (black triangles mark the selected modes). The monitor features the following modes:

- **SCAN—**The monitor displays the time and calorie modes, switching every five seconds.
- **COUNT (CNT)—**The monitor displays the number of repetitions you have completed, up to 9,999.
- **TIMER (TMR)—**The monitor counts the time, beginning when you start exercising (up to 99 minutes). After 5 seconds of inactivity, the timer pauses.
- **CALORIE (CAL)—**The monitor displays the approximate number of calories burned. Note: Use this mode only for comparison; do not use this mode for medical purposes.

To reset the monitor, press the button and hold it for two seconds. **The monitor automatically turns off after five minutes of inactivity.**

HOW TO ADJUST THE RESISTANCE

To vary the intensity of your exercise, the resistance of the rowing arms can be changed. The resistance is determined by the positions of the clamps on the rowing arms. To change the resistance, first loosen the clamp knobs. To increase the resistance, slide the clamps higher on the rowing arms; to decrease the resistance, slide the clamps lower. Tighten the clamp knobs. **Refer to the marks on the rowing arms to make sure that both clamps are at the same height.**



PROPER ROWING FORM

Sit on the seat, facing the footrests. Place your feet in the footrests and adjust the straps to fit your feet. Hold the handles of the rowing arms with an overhand grip. Correct rowing form consists of three phases:

1. The first phase is the CATCH. Slide the seat forward until your knees are almost touching your chest. Pivot the rowing arms forward until your hands are close to your feet.
2. The second phase is the DRIVE. Push backward using your legs. Keep your back straight. Lean back slightly at the hips (not at the waist) and begin pulling the rowing arms toward your chest. Keep your elbows outward.
3. The third phase is the FINISH. Your legs should be nearly straight. Continue to pull the rowing arms until your hands are even with your chest.

After the finish phase, extend your arms forward and pull the seat forward using your legs. Repeat, moving through all three phases with a smooth, fluid motion. Remember to breathe normally as you row—never hold your breath.

ALTERNATE ROWING

Sit on the rowing machine as described above and extend your legs until they are nearly straight. Keep your back straight. Alternately pull the right rowing arm and then the left rowing arm toward your chest.

SIT-UPS

Sit on the rowing machine as described above. Make sure that your feet are properly strapped into the footrests. Bend your knees slightly and clasp your hands behind your head. Perform as many sit-ups as desired.

MAINTENANCE AND STORAGE TIPS

Inspect and tighten all parts of the rowing machine regularly. Replace worn parts immediately.

Wipe the rail and the wheels on the seat bracket regularly to keep them free of dust and dirt. The rowing machine can be cleaned using a soft cloth and mild detergent. Keep liquids away from the monitor.

If the monitor does not function properly, replace the batteries. Most problems are the result of drained batteries. See assembly step 11 on page 5 for battery installation instructions.

The rowing machine can be stored in a vertical position to conserve space. **Store the rowing machine in a location where children cannot tip it.** Remove the batteries from the monitor when storing the rowing machine.

ASSEMBLY

Place all parts of the rowing machine in a cleared area and remove the packing materials. Do not dispose of the packing materials until assembly is completed. Read each step carefully before beginning.

ASSEMBLY REQUIRES THE FOLLOWING TOOLS (NOT INCLUDED): An adjustable wrench and a phillips screwdriver .

1. **Note: As you assemble the rowing machine, use the PART IDENTIFICATION CHART in the centre of this manual for help identifying small parts.**

   Orient the Rail (2) so the Reed Switch Wire (39) is at the indicated end. Orient one of the Long Stabilizers (1) so the large holes are on the indicated side.

   Attach the Long Stabilizer (1) to the Rail (2) with four Short Stabilizer Bolts (7) and four Small Washers (22).

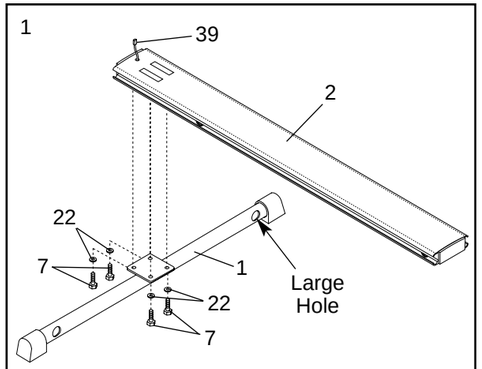
2. Orient one of the Connector Tubes (32) so the narrow bracket is at the indicated end. Attach the Connector Tube to the Long Stabilizer (1) with a Long Stabilizer Bolt (14) and a Small Washer (22). **Do not overtighten the Long Stabilizer Bolt.**

   Attach the other Connector Tube (not shown) to the Long Stabilizer (1) in the same way.

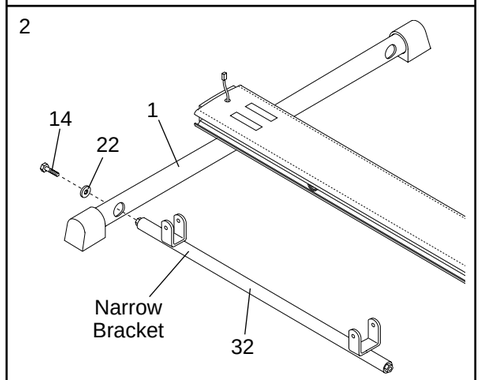
3. Slide the other Long Stabilizer (1) onto the ends of the two Connector Tubes (32).

   Attach the Long Stabilizer (1) to the Connector Tubes (32) with two Long Stabilizer Bolts (14) and two Small Washers (22). **Do not overtighten the Long Stabilizer Bolts.**

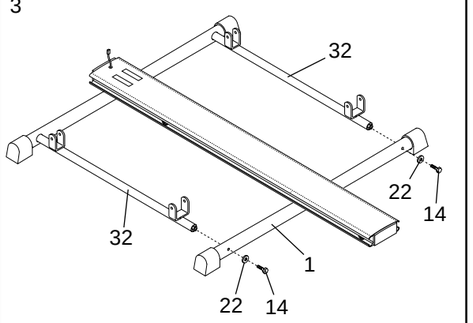
1



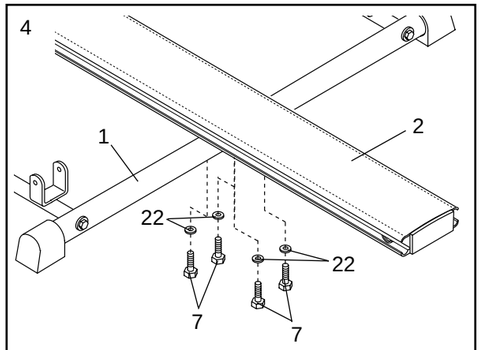
2



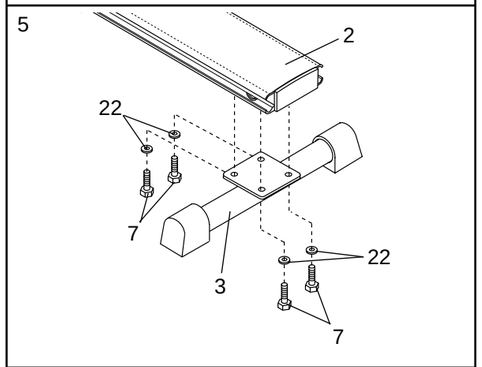
3



4. Attach the Long Stabilizer (1) to the Rail (2) with four Short Stabilizer Bolts (7) and four Small Washers (22).

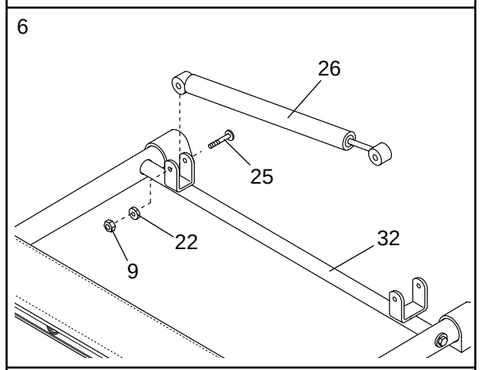


5. Attach the Short Stabilizer (3) to the Rail (2) with four Short Stabilizer Bolts (7) and four Small Washers (22).



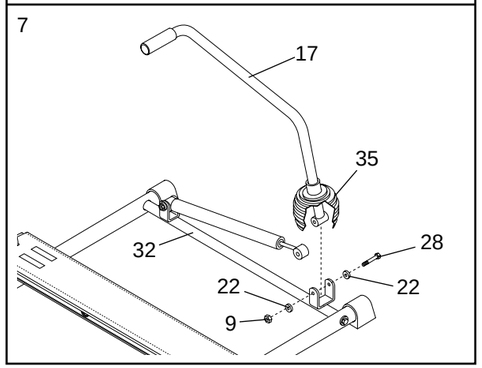
6. Orient a Resistance Cylinder (26) as shown. Attach the Resistance Cylinder to the indicated bracket on the right Connector Tube (32) with a Cylinder Bolt (25), a Small Washer (22), and an M8 Nylon Locknut (9).

   Attach the other Resistance Cylinder (not shown) in the same way.



7. Orient the Right Rowing Arm (17) as shown. Attach the Right Rowing Arm to the indicated bracket on the right Connector Tube (32) with a Rowing Arm Bolt (28), two Small Washers (22), and an M8 Nylon Locknut (9). Slide the Rubber Cover (35) down so it covers the bracket.

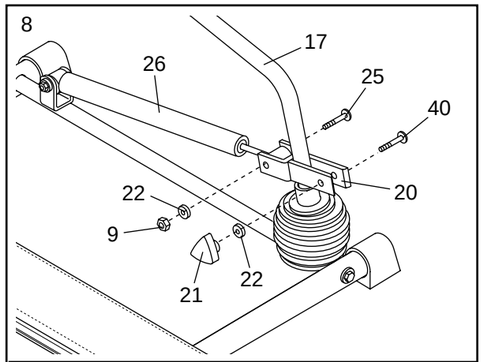
   Attach the Left Rowing Arm (not shown) in the same way.



8. Attach the indicated end of a Clamp (20) to the right Resistance Cylinder (26) with a Cylinder Bolt (25), a Small Washer (22), and an M8 Nylon Locknut (9).

   Secure the other end of the Clamp (20) to the Right Rowing Arm (17) with a Clamp Bolt (40), a Small Washer (22), and a Clamp Knob (21).

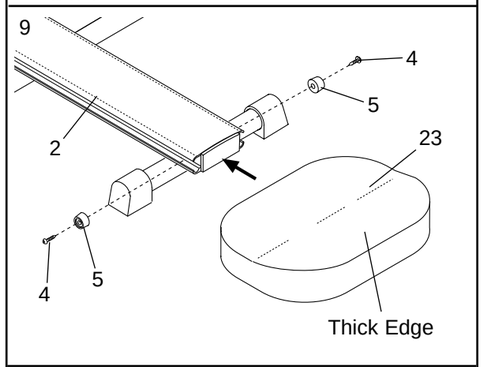
   Attach the other Clamp (not shown) to the left Resistance Cylinder and the Left Rowing Arm (not shown) in the same way. **Make sure that both Clamps are at the same height.**



9. Remove the two indicated Seat Stops (5).

   Slide the Seat (23) onto the Rail (2). **Make sure that the thick edge of the Seat is oriented as shown and that the Wheels (not shown) under the Seat are in the grooves in the sides of the Rail.**

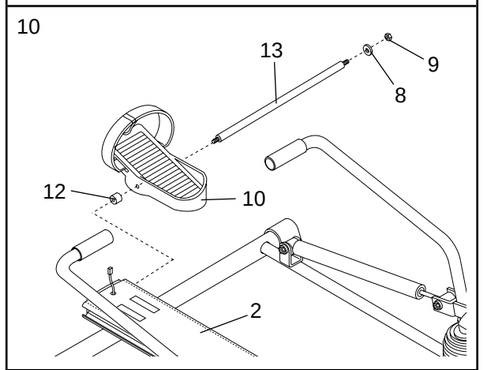
   Reattach the two Seat Stops (5) with the Seat Stop Screws (4).



10. Slide the Footrest Shaft (13) into the indicated hole in the Rail (2).

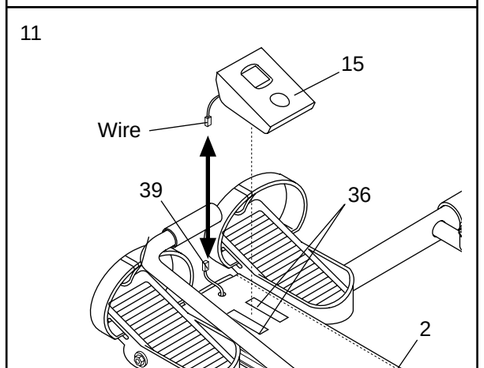
    Slide a Plastic Spacer (12) and a Footrest (10) onto the right end of the Footrest Shaft (13). Secure the Footrest with a Large Washer (8) and an M8 Nylon Locknut (9).

    Secure the other Footrest (not shown) to the left end of the Footrest Shaft (13) in the same way.



11. Insert two 1,5V (“AA”) batteries (not included) into the Monitor (15). Alkaline batteries are recommended. Make sure that the batteries are oriented correctly.

    Connect the wire extending from the Monitor (15) to the Reed Switch Wire (39). Remove the protective tape from the Fastener Strips (36). Press the Monitor onto the Fastener Strips; **be careful not to pinch the wires.**



12. **Make sure that all parts are properly tightened before you use the rowing machine.** Place a mat under the rowing machine to protect the floor or carpet.

PART LIST—Model No. WLEMRW17910

R1001A

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Long Stabilizer	22	26	Small Washer
2	1	Rail	23	1	Seat
3	1	Short Stabilizer	24	1	Seat Bracket
4	8	Seat Screw/Stop Screw	25	4	Cylinder Bolt
5	4	Seat Stop	26	2	Resistance Cylinder
6	2	Rail Cap	27	1	Magnet
7	12	Short Stabilizer Bolt	28	2	Rowing Arm Bolt
8	2	Large Washer	29	2	Rowing Arm Sleeve
9	8	M8 Nylon Locknut	30	4	Rowing Arm Bushing
10	2	Footrest	31	2	Magnet Screw
11	2	Strap	32	2	Connector Tube
12	2	Plastic Spacer	33	4	Wheel
13	1	Footrest Shaft	34	6	Endcap
14	4	Long Stabilizer Bolt	35	2	Rubber Cover
15	1	Monitor	36	2	Fastener Strip
16	2	Rowing Arm Cap	37	4	Seat Nut
17	1	Right Rowing Arm	38	4	Wheel Bolt
18	1	Left Rowing Arm	39	1	Reed Switch/Reed Switch Wire
19	2	Handgrip	40	2	Clamp Bolt
20	2	Clamp	#	1	User's Manual
21	2	Clamp Knob			

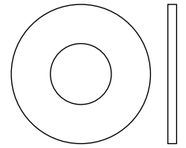
Note: "#" indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.

REMOVE THIS PART IDENTIFICATION CHART, PART LIST, AND EXPLODED DRAWING FROM THE MANUAL.

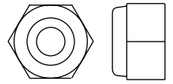
Save this page for future reference.

This chart is provided to help you identify the small parts used in assembly. The number in parenthesis following each part description refers to the key number of the part. The number after each key number refers to the quantity needed for assembly. **Important: Some parts may have been pre-assembled for shipping purposes. If you cannot find a part in the parts bags, check to see if it has been pre-assembled.**

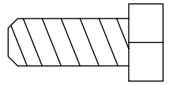
Small Washer (22)–26



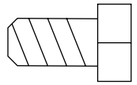
Large Washer (8)–2



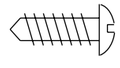
M8 Nylon Locknut (9)–8



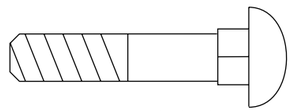
Long Stabilizer Bolt (14)–4



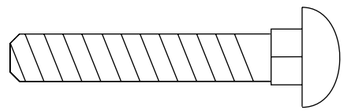
Short Stabilizer Bolt (7)–12



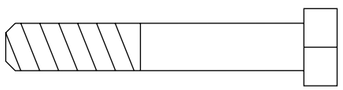
Seat Screw/
Stop Screw (4)–2



Cylinder Bolt (25)–4



Clamp Bolt (40)–2



Rowing Arm Bolt (28)–2

EXPLODED DRAWING—Model No. WLEMRW17910

R1001A